BENGALURU, SUNDAY, SEPTEMBER 24, 2023 www.Bangaloremirror.com 16 Pages PRICE ₹4

# Bangalore Mirror ON SUNDAY

TEMP Max 28 | Min 20 | Humidity 70% Scattered Thunderstorms Sensex 66,009 | Nifty 19,674 | Gold 58,942 | Silver 73,350 | Dollar 83.10 | Euro 88.69 | GBP 101.71

## RIVER TO RESCUE

Treated water from Vrishabhavathi River to fill up 259 lakes in city

PAGE 4

## SIGNAL OFF

What is use of installing pelican signals, if they can't be made functional for months?

PAGE 6

## As legacy waste piles up in state, nothing much has been done in terms of remediation — it rots away in quarries, out of sight and out of mind

# MUCK IT ALL

### Of 18.262 million tonne, K'taka has managed to remediate just 0.002 mn tonne

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With 18.262 million tonnes, Karnataka has the second-highest amount of legacy waste in India, only after Maharashtra. However, while Maharashtra with 36.451 million tonnes of legacy waste is striving hard to remediate it, not much has happened in Karnataka in that direction. Karnataka, so far, has remediated only 0.002 million tonnes, compared to 16.72 million tonnes remediated by Maharashtra. This assessment has been done by Delhi-based Center for Science and Environment (CSE).

Solid Waste Management (SWM) experts point at various socio-economic factors and underline unique challenges that Karnataka faces in the remediation of its old landfills. Apart from old quarries being used as dumpsites, high costs incurred in the transportation of refuse derived fuel (RDF) generated from recovered landfill waste are some hindrances along the way. While the Solid Waste Management Rule, of 2016 mandates industrial units to derive 5% of their energy requirement

CONTINUED ON PAGE 6 »

> "Refuse derived fuel has no takers. This is also because there is a lack of trust regarding its quality. The cost of per tonne biomining of landfills is much higher in Karnataka compared to other states
>
> —V Ramprasad, a city-based SWM expert

# Stop the hassle, it's only a cycle

### Women Metro users want to be allowed to carry their foldable cycles in their designated coaches

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Women metro passengers who use foldable cycles for first and last-mile connectivity have urged the Bangalore Metro Rail Corporation Limited (BMRCL) to do away with the rule mandating people carrying foldable bicycles only in the last coaches of metro trains as they prefer travelling in the first two coaches reserved exclusively for women.

While the BMRCL claims that it has put the rule in place to ensure that other passengers are not inconvenienced, commuters with foldable cycles argue that the foldable cycle is no different in size when compared to the various luggage that are allowed on all the coaches.

A woman commuter who wished to stay anonymous narrated the ordeal she had to go through at a metro station for carrying a foldable cycle. "I just got my foldable bicycle and wanted to try it out on the metro for the first time. When I approached the metro entrance, the designated security said bicycles are not allowed but I told her and showed her that it's a foldable bicycle.

CONTINUED ON PAGE 4 »

## 3 THINGS TO DO

### 01 Unleash poetry

Join this workshop to master the traditional Japanese poetry form, Haiku. Learn the art of Haiku from the Masters and let your creativity bloom. **Where: Atta Galatta**
**When: September 24, 4 pm – 6 pm**

### 02 Enchanted weekend

Step into a realm of enchantment and join for an unforgettable weekend adventure with the thrill of a Magic show by 'Nakul Shenoy & Friends'.
**Where: Atta Galatta**
**When: September 24, 6.30 pm – 8 pm**

### 03 Empowering minds

Whaterr Solutions is organising the 1st edition of the Mental Health Festival on World Mental Health Day. The theme of the festival is 'Celebrating mental health'. Join to shatter stereotypes surrounding mental health and foster awareness about the immense potential within this domain. **Where: Green Park Hotel**
**When: October 10 – October 11, 10 am – 7 pm**

### Bengaluru brews excitement

Bengaluru Palace is preparing to host the 5th World Coffee Conference 2023 starting September 25. The four-day conference expects participation from over 80 countries, including 208 exhibitors.

# Speeding towards link

## Bengaluru-Hyderabad Vande Bharat train's timings spark debate among commuters

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Bengaluru eagerly awaits the launch of its third Vande Bharat train, expected to bridge the gap between the city and Hyderabad. It provides a much-needed travel link for the high number of daily commuters. However, there's growing concern regarding the return journey schedule, prompting calls for a review of the train timings by railway authorities.

The train (No. 20703), set to be officially inaugurated by PM Modi virtually on September 24, will depart from Kacheguda station at 5.30 am and arrive at Yeshwanthpur by 2 pm. Conversely, train No. 20704 will leave Yeshwanthpur at 2.45 pm and reach Kacheguda at 11.15 pm. The train will stop at Kacheguda, Mahbubnagar, Kurnool City, Dhone, Anantapur, and Dharmavaram. Covering a distance of 610 km in approximately 8.5 hours, it boasts an average speed of 71 kmph and comprises 16 cars.

Rama Devi, a frequent traveller between the two cities, said, "There has long been a demand for a superfast train connecting the two cities. Travelling from Bengaluru to Hazrat Nizamuddin by Rajdhani Express takes almost 11-12 hours to cover 706 km, whereas it takes around 22 hours to travel 1,661 km between Hyderabad and Delhi. The train route between Bengaluru and Hyderabad is not completely double-tracked, and full electrification is still pending. We hope that if these improvements happen, the trains may reach their destinations more quickly."

Surekha D, another regular traveller, voiced her concerns, saying, "The train arrives at Kacheguda at 11.15 pm. How will passengers travelling to other parts of Hyderabad manage after disembarking at such a late hour? It takes at least 10 to 15 minutes to exit the railway station itself. Kacheguda is not well-connected to all parts of Hyderabad by bus, and there is no Metro connectivity near Kacheguda railway station. So, people will be forced to take a cab or an auto at hefty fares. Instead of arriving just before midnight, it would be better to take a night train and reach the city the next morning, ensuring a safer journey. I understand that Vande Bharat trains do not have sleeper berths yet. Therefore, rather than operating a late afternoon train, the railways could consider running a morning train the following day, which would be more convenient for commuters."

Meanwhile, South Western Railways has revealed that the redevelopment of Yeshwanthpur Station is expected to be completed by July 2025. SWR CPRO Aneesh Hegde provided insights into the ongoing work, stating, "Construction work for Phase-1 has commenced on the 'East Side,' which includes platform No.1.

This phase includes the construction of a Multi-Level Car Parking facility (G+5) and ramps for an elevated road with an Arrival/Departure plaza. Separate arrival and departure points for vehicles will be established to prevent congestion. The station will also feature an expansive air concourse (14,800 sqm.) comparable to the airport waiting for lounges, with food courts, retail spaces, and business centres.

Construction of elevated road ramp connecting to arrival cum departure plaza at Yeshwanthpur Railway station in progress

> "How will passengers travelling to other parts of Hyderabad manage after arriving at Kacheguda at 11.15 pm?
> – Surekha D, Commuter

### Executive Chair ticket to cost ₹2,865

The Kacheguda to Yeshwanthpur Vande Bharat Express ticket prices are as follows: Chair Car (CC) tickets will be priced at Rs 1600, while Executive Chair Car (EC) tickets will cost Rs 2865. Conversely, the Yeshwanthpur to Kacheguda route will have Chair Car tickets priced at Rs 1540 and EC Class tickets at Rs 2865. The Vande Bharat Express special service will consist of a total of 8 coaches, including 2 DTC (Driving Trailer Coaches), 4 MC (Motor Coaches), and 2 TC (Trailer Coaches). This special train service will be available six days a week, except Wednesdays. For Train No. 20703, the Kacheguda-Yeshwanthpur Vande Bharat Express will commence its journey at 5.30 am from Kacheguda and is scheduled to arrive at Yeshwanthpur at 2.00 pm on the same day. Train No. 20704, the Yeshwanthpur-Kacheguda Vande Bharat Express, will depart from Yeshwanthpur at 2.45 pm and is expected to reach Kacheguda at 11.15 pm on the same day.

# Too late, too loud and cops don't care

## BTM Layout residents say they have been complaining against bar that plays blaring music at night for over a year, but no real action is taken

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A resident of BTM Layout has been raising the issue of loud music being played from speakers at a bar in the area with the police for months now, but no action has been taken, she claims.

She told BM that it has been 17 months now since she first raised the issue. She claimed that all efforts are in vain, as the bar management isn't worried that the police would be acting against them.

The bar is located on the 29th Main Road of BTM 2nd Stage and residents in the area claim that the bar plays loud music even after permissible timings.

"They use loudspeakers after 10 pm even though there was a Supreme Court order banning loudspeakers from 10 pm to 6 am in April 2022. We have called 112 several times but still no action has been taken. Cops come when we call and they get the volume to be reduced a little and then they go back. We have been facing this issue since April 2022," a complainant told BM.

She added that despite her neighbours and she continuously approaching the police, nothing has been done in this regard. "The only response I get from the police is being asked to share my number and nothing more," she added.

Another person, going by the name Distressed Damsel, has been writing about the issue on X, over the past few months.

"This situation proves time and again that the establishments have ultimate power. If a common man had broken a law for 15 months would the police allow them to keep breaking it? If not, what special privilege does this bar have? Law has no meaning if it can't be implemented," she said.

She adds that if the police cannot remove loudspeakers after 17 months of complaints, it shows the impunity. "Police vehicles are sent to the spot at 1 am when the bar closes before that no one bothers."

BM talked to the manager of the bar to understand what has been happening and we were informed by the manager that no policeman has approached them. "We are following all the rules. And when we play music after 10 pm, it isn't loud enough to be heard outside our premises. If it is, we will ask our technician to work on that and rectify the error," the manager told BM.

## Suicide: Cops being quizzed

The Central Crime Branch (CCB) have started looking into a case of suicide, in which the man died after making serious allegations against two police officers on Saturday. Three other people have also been charged with aiding suicide, along with a police inspector assigned to the Vyalikaval Police Station and a policeman at the Hennur Police Station.

The accused have received orders to appear before the CCB police, under the direction of the Assistant Commissioner of Police. Nagaraju V (47), a loan document verification officer, died by suicide at his home in Talaghattapura's BCM Layout. He leaves behind his wife and 14-year-old son.

Talaghattapura police have filed a FIR against five people, including two police officers, based on the accusation made by Nagaraju's wife Vinuta. A FIR has been registered under IPC section 306. **BMB**


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# Flowing life: Revitalising Bengaluru's thirsty lakes

## Treated Vrishabhavati water to fill up 259 lakes under new initiative

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In the first phase of the initiative, 70 lakes will be filled up. Lakes in Yelahanka, Yeshwanthpur, Nelamangala, Tumakuru rural, and Doddaballapur assembly segments will be filled

An initiative to restore the region's lakes gains momentum as treated water from the Vrishabhavathi River will fill up 259 lakes in the City, besides lakes in Bengaluru rural, Tumakuru, and Chikkaballapur districts.

In the first phase, 70 lakes will be filled up. The BWSSB will provide 310 MLD of secondary treated water to fill lakes. This will be the third tranche of treated water-filling lakes after KC Valley and Hebbal-Nagawara Valley.

Vishnu Kamat, Executive Engineer, Minor Irrigation Department, said, "Work orders will be issued for the contractors soon. As no land acquisition is required for installing pipes, the process is expected to be hassle-free. The pipes will be laid on the roadside.

This project is expected to be completed in three years, and the same company must also maintain it." An official said, "The treated Vrishabahvathi water flows towards Tamil Nadu after joining Arkavathi and later Cauvery.

Instead, it was decided to reflow the water to supply lakes in and around Bengaluru. The project's first phase was given administrative approval in February 2022 for Rs 865 crore. In the first phase, lakes in Yelahanka, Yeshwanthpur, Nelamangala, Tumakuru rural, and Doddaballapur assembly segments will be filled.

In the first phase, the water will be pumped from Narayandahalli Lift 21 for supply to city lakes, and Veranjipura Lift 2 will be used to supply lakes in Nelamangala, Honnudike Lift 3 for lakes in Tumakuru and Dabaspet industrial area.

BWSSB is spending Rs 14.62 crore annually on purifying the water and maintenance and Rs 23.22 crore on power bills. The lakes to be filled up include Arasinakunte, Kodipalya, Hucchanapalya, Srinivasapura, Vaderahalli, Agraharapalya, Huskur in Yelahanka assembly segment, Seegehalli, Ullal, Kenchanapura, Krishna Sagar, Hunsemaradapalya Lake in Yeshwanthpur assembly segment.

Under the KC Valley project, 145 lakes are being filled up, while Hebbal Nagawara Valley water is used to fill up 65 lakes. The KC Valley project has successfully raised the water table in neighbouring parched districts over the past four years, increasing the water table.

On a daily basis, 30 crore litres of water are pumped from Bengaluru to Naraspura and Lakshmi Sagara lakes, which are then distributed to downstream lakes via gravity. However, farmers demand to treat the water further and address complaints of frothing in certain lakes with officials.

Sources indicate that Bengaluru's treated wastewater has raised the water table in neighbouring parched districts. Previous surveys have demonstrated a significant rise in groundwater levels after many lakes were filled with water from the Koramangala-Challaghatta (KC) valley. The groundwater levels in Kolar, Chikkballapura, and Bengaluru rural districts had dropped to alarming depths of 1,500 to 2,000 feet. These areas not only faced rainfall deficits but also suffered from excessive use of borewells, leading to groundwater depletion.

To address this issue, the state government decided to utilize treated sewage water from Bengaluru to replenish lakes and tanks in these areas, which were also affected by high fluoride content.

For this purpose, approximately eight TMC of treated water are being pumped from sewage treatment plants at Bellandur and Varthur. However, this project has not been without controversies. Many organizations have opposed the project, alleging that the treated water contains arsenic, which could adversely affect the health of people and animals. However, officials have denied these claims.

Initially, the project faced a temporary halt when foam was observed in a few lakes. However, a few experts argue that the treated water still contains heavy metals and pollutants, posing risks to livestock and the quality of produce in the City.

> **"As no land acquisition is required for installing pipes, the process is expected to be hassle-free and finish in 3 years**
>
> – Vishnu Kamat, Executive Engineer

# Request to BMRCL, from women

CONTINUED FROM PAGE 1

She seemed to be halfway convinced but eventually let me in. On the other hand, the scanning security was helpful and seemed to be aware of commuters with foldable bicycles already.

However, when I was waiting for the train on the ladies' section of the platform, the security officer there asked me to move and take my bicycle to the other end of the metro without any explanation," she explained, adding that the security personnel was agitated.

"As a first-time commuter with a foldable cycle, it's less encouraging for me to use it for daily commuting as I planned to. I'm saying this because I feel that they (BMRCL) lack proper protocols for commuters with foldable bicycles, especially for women," she noted. Complaints from cyclists regarding security personnel not allowing foldable cycles into metro premises and having scuffles over the matter have been consistent. Bicycle Mayor Sathya Sankaran recently told Bangalore Mirror that despite an increase in the number of users of foldable cycles in the metro, the need for clarification with security personnel has remained the same.

In June last year, the BMRCL in a statement clarified and confirmed that people carrying foldable bicycles are allowed onto metro trains, and have to resort to travelling in the last coaches to ensure other passengers are not inconvenienced.

However, cyclists are of the opinion that foldable cycles will not create a hassle with other passengers as they are just as big as any other luggage allowed on other coaches. "I don't think it will cause any inconvenience at all. The dimensions of my cycle are 23" x 22.2" x 10.6". It's just like getting into the train with your hand carry size luggage or check-in regular luggage, or even a backpacking bag," the woman commuter said, adding that if foldable bicycles were allowed on all the coaches, women cyclists would have the ability to choose to travel in the first two coaches reserved exclusively for women, making their travel comfortable further encouraging use of cycles for first and last mile connectivity.

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### Breeding site

**Girinagar**

Pushpanjali Park in Girinagar has been a breeding ground for mosquitoes. Despite complaints made two months ago, BBMP has not taken action.

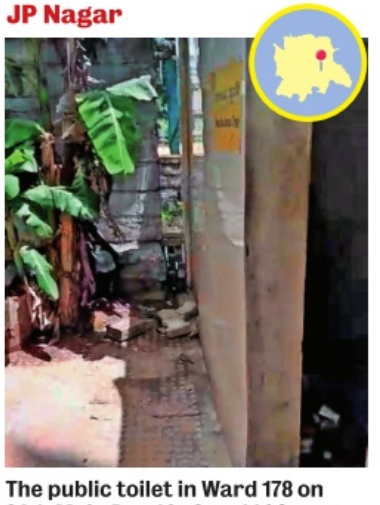
### Neglected renovation

**KR Puram**

Ongoing shop renovation near Sri Ramakrishna Hospital in KR Puram leaves the footpath unusable. The BBMP officials are yet to inspect the work.

### Toilet malfunction

**JP Nagar**



The public toilet in Ward 178 on 24th Main Road in Sarakki faces ongoing water woes. The toilet's motor malfunction for six months is causing significant inconvenience.

# Unlocking the Path to Healthy Weight

## Dr. Moinoddin Dives into Obesity and Bariatric Surgery

SRIDHAR KS

Obesity is characterized by an excessive accumulation of body fat, leading to various health issues, including heart disease, diabetes, and joint problems. While lifestyle changes like diet and exercise are the first-line treatments for obesity, they may not always be effective for everyone. In such cases, bariatric surgery is considered a viable option.

During a phone-in program hosted by Bangalore Mirror and Vijay Karnataka in collaboration with Manipal Hospital, Dr. Moinoddin G, a Consultant Bariatric & Advanced Laparoscopic Surgery at Manipal Hospital located on Miller's Road, shed light on key aspects of obesity. He discussed various strategies to address obesity and underscored the advantages of bariatric and metabolic surgeries for individuals struggling with obesity.

The most prominent question one has is whether they fall into the obese category and who can be considered obese? According to Dr. Moinoddin, a person with a Body Mass Index (BMI) of 32.5 or higher is considered obese. "Usually, obesity is caused by an imbalance between calories consumed and calories burned. When there is a high intake of foods that are high in sugar or fats, the body stores the excess calories as fat, and one must ensure to burn those calories. A sedentary lifestyle or lack of physical activity can lead to obesity. One should make sure that they work out at least three times a week and engage in weight loss exercises such as walking on a treadmill or HIIT training, and even opt for body toning workouts," said Dr. Moinoddin.

Speaking about the causes of obesity, Dr. Moinoddin said, "Genetics, hormonal influences, and lifestyle changes are some of the causes of obesity. While the genetic component is an important factor that can contribute to obesity, it can be prevented by a healthy and well-maintained lifestyle. Women, in fact, have a higher chance of obesity compared to men. Women have both the hormones, progesterone and estrogen, that can increase the accumulation of body fat. Women who have PCOD, hyperthyroidism, and a genetic predisposition all together have fewer chances of losing weight, and their only way to lose weight is by undergoing bariatric surgery. However, we do see many cases of men with central obesity, which is an excess accumulation of fat in the abdominal area."

Dr Moinoddin G, Consultant Bariatric & Advanced Laproscopic Surgery at Manipal Hospital, Miller's Road

When asked about who can be a suitable candidate for bariatric surgery and what criteria are typically used to determine eligibility, Dr. Moinoddin said, "Those with a BMI of 32.5 or higher qualify for bariatric surgery. Additionally, individuals with comorbidities such as type 2 diabetes, high blood pressure, high cholesterol levels, fatty liver, and health problems like sleep apnea and joint pain can benefit from bariatric surgery. After the surgery, individuals often see improvements in their comorbidities. Those who previously required regular insulin for diabetes may even be able to discontinue it as their diabetes levels come under control. Bariatric surgery also helps normalize cholesterol and blood pressure levels and reduces the risk of liver cirrhosis. Obese patients often suffer from sleep apnea, characterized by excessive snoring, and this condition can also be controlled following the surgery."

**How is Bariatric surgery performed?**

The surgery is performed by a minimally invasive method known as laparoscopic surgery. This approach offers faster healing and reduces the risk of blood loss. It involves minimal incisions, resulting in less scarring. The surgery itself typically takes about 45 minutes, and patients can be discharged within 24 hours. Patients may experience some pain a day after the surgery, but by the second day post-operation, the pain is expected to decrease by 50%, and within 3-4 days, the pain is said to have completely subsided. While there are potential side effects such as bleeding, advancements in technology have made these occurrences negligible. Even individuals with cardiac or lung problems can undergo the surgery after obtaining approval from their consulting doctor.

**What is the success rate of bariatric surgery?**

Dr. Moinoddin said, "The success rate of bariatric surgery is said to be 99%. Patients experience gradual weight loss over the months following the surgery. However, some individuals who have undergone gastric sleeve surgery tend to regain weight after five years if they do not maintain the weight lost after the surgery. However, in gastric bypass surgery, there are no chances of gaining weight."

Over the years, awareness of bariatric surgeries has increased, and people have been coming forward.

After all, following the surgery, one starts to feel good in terms of appearance, physical health, and emotional well-being. In the last year, Dr. Moinoddin has performed 500 plus surgeries in Benglauru. "Some people still back out from the surgery because they think there are potential risks associated with it. However, with advancements in technology and healthcare professionals being well-trained to perform surgeries, the risks have reduced over time," said Dr. Moinoddin.

### How to prevent obesity?

- Eat five meals a day but in small quantities.
- Reduce sugar intake.
- Reduce the intake of rice.
- Avoid processed foods.
- Exercise regularly for at least 30 minutes a day.
- Get eight hours of sleep.

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LIFE'S ON

# Can somebody switch on the pelican signals?

## Installed at 6 junctions months ago, signals at Kanakapura Main Road yet to be functional

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TWEETS @BangaloreMIRROR

Despite repeated demands for speed breakers and High Rise Pedestrian Crossings (HRPC) on Kanakapura Main Road, authorities have not taken any action. After an accident six months ago, a few pelican signals were installed at six junctions, but they have not been activated yet.

It was after the recent accident near Metro Cash and Carry that residents of the area approached the officials. Residents had submitted a list of 27 locations in Kanakapura Main Road needing rumbler strips and 25 locations needing HRPC to traffic officials too to make it easier for pedestrians to cross the road.

The BBMP had installed pelican signals at six junctions.

However, due to unknown reasons, the signals have not been activated so far.

President of Changemakers of Kanakapura Road, Abdul Aleem told BM, "We have written multiple requests to the Traffic Engineering Cell of BBMP regarding this. As of now, only a few pedestrian signals have been installed but they are yet to be activated. These signals were installed roughly six months back. The 12-13-km stretch from Sarakki Junction to Nice Road Junction needs some intervention."

According to Aleem, before Metro came there, the road condition was not good and vehicle speeds were limited. "With the roads restored, vehicles are not moving at high speeds. The area is populated by senior citizens and children and they find it very difficult to cross the road. At night, it becomes very difficult to cross the road as most vehicles are travelling above 60 kmph. Due to the metro line on this stretch, there is no possibility of a foot-over-bridge either," he said.

Pelican signals were set up at six junctions on Kanakapura Main Road

> **We have written multiple times to the Traffic Engineering Cell of BBMP about this. Only a few pedestrian signals have been installed but they are not activated** –Abdul Aleem, citizen

After many requests, pedestrian signals have been established near Purva Belmont, Century Central, Reliance, D Mart, Thalghatpura school and Judicial Layout.

Pedestrians can operate the button and can safely cross the road for 20 seconds.

During this period, signals will turn red and after the period, yellow lights will keep flashing. These pedestrian signals are being proposed as an alternative to HRPC.

Another resident noted that the stretch also hosts a bunch of schools, making school children the prime users of this road.

"There are no pedestrian crossings and we have been demanding it for a long time. It's a very difficult scenario for schoolchildren and the elderly. Sometimes, grandparents pick up the children and they struggle to cross the road. There are instances of wrong-side driving as well. Around 10-12 months back, the Commissioner met us and agreed to implement the speed breakers. Traffic police officials have also written to the BBMP but there has been no action," said Srivatsa, a resident.

# 6,000 tonnes of waste reaches landfills daily

CONTINUED FROM PAGE 1

from RDF, Karnataka has struggled to pinpoint cement industries that can use RDF as a substitute for fossil fuel.

"Most of our legacy waste is sitting in quarry pits, away from sight and thus away from mind too. Moreover, the cost of biomining has been a challenge so far in Karnataka. The RDF generated has no takers. This is also because there is a lack of trust regarding the quality of RDF. The cost of per tonne biomining of landfills is much higher in Karnataka compared to other states," said V Ramprasad, a city-based SWM expert.

### Waste incineration

Some highlight that the management policy of legacy waste trapped in landfills should be designed along with a facility of adequate capacity to collect, transport, and dispose of municipal waste being generated on a day-to-day basis. Although municipal waste incineration plants face social acceptance and environmental issues, they are essential in the current scenario.

"With over 6,000 tonnes of solid waste in Karnataka still reaching the landfills every day, we need waste incineration plants to manage our day-to-day municipal waste and to ensure that it is not dumped in landfills. Unless we have a good capacity incineration plan to take care of fresh waste, the dumpsites cannot be remediated. While social acceptance of these plants is an issue, we can think of setting them up in red-zone industrial areas," said an expert.

Some SWM experts also highlighted shortfalls in planning and bringing in experts to assist urban local bodies (ULBs) such as the Bruhat Bengaluru Mahanagara Palike (BBMP) in understanding the technologies available to remediate landfills and make decisions.

"ULBs lack the expertise in evaluating and understanding the technologies available to remediate legacy waste. There should be a centralised mechanism and advisory body to help them evaluate not just the technology but also the pricing aspect. BBMP, a few years ago, looked at many technologies but could not finalise any. While the Directorate of Municipal Administration (DMA) is supposed to help ULBs, it has not played its role in entirety so far," said Sandhya Narayan of Solid Waste Management Round Table (SWMRT).

To help states remediate legacy dumpsites, the Ministry of Housing and Urban Affairs (MoHUA), under Swacchh Bharat Mission 2.0, Lakshya Zero Dumpsite, has been inviting proposals and sanctioning funds. However, Karnataka is yet to receive the Centre's funds.

"To receive the Centre's fund, a proposal has to be submitted with a detailed remediation plan. It appears that DMA has failed to achieve that. Many other states such as Maharashtra and Gujarat have already received it," added Ramprasad. According to the sources from DMA, the slow pace of landfill restoration in the state has been mainly due to the lack of funds. However, post an order passed by the National Green Tribunal (NGT) a few months ago, a sum of Rs 500 crore has been earmarked for clearing legacy waste in Karnataka and substantial progress has been made in the tendering process.

"So far, no serious efforts have been made to remediate landfills in Karnataka due to the lack of funds. However, since the money has been earmarked after NGT's order, there is substantial progress in Karnataka in the tendering process for the remediation of landfills. Out of the total amount, 50% has been sanctioned to reclaim Bengaluru's landfills as the city contains 50% of the total legacy waste in Karnataka. Remediation in Karnataka will also begin soon," informed a source.

Notably, NGT in April this year, ordered the state government to issue a grant for sewage and waste management. Complying with the order, Karnataka sanctioned Rs 967 crore for clearing old landfills and managing Sewage Treatment Plants.

Although BM tried reaching out to the director of DMA, she remained unavailable to comment.

# Certificate to help forest dwellers

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TWEETS @BangaloreMirror

Wildlife activists and conservationists have demanded that forest dwellers and tribals who voluntarily come out of the state's tiger reserves, national parks, sanctuaries, and forest areas be issued "Project Displaced Persons' Certificates".

In a proposal submitted to Karnataka Environment Minister Ishwar Khandre and Revenue Minister Krishna Byre Gowda, a conservationist has requested the move citing guidelines issued by the National Tiger Conservation Authority in 2010. The NTCA guidelines had recommended other states to follow the example of Maharashtra and issue "Project Displaced Persons' Certificates" to rehabilitated forest dwellers and tribals. "We have submitted a detailed proposal to the Forest and Revenue Department to take action to make appropriate amendments to the relevant Act related to the rehabilitation of project displaced persons which would help in issuing "Project Displaced Persons' Certificates" to the rehabilitated forest dwellers and tribals," said Giridhar Kulkarni, a wildlife conservationist.

At present, the government is offering monetary compensation and some land to the forest dwellers under the voluntary resettlement program from tiger reserves. In Maharashtra, the government has been providing project displaced person certificate to these forest dwellers to make it more attractive. NTCA, in the past, has also highlighted that Maharashtra's model should be replicated in other states.

The step, as per NTCA, would not only help the eligible beneficiaries to get appropriate reservations in jobs, and education but will also bring down human pressure on forest areas, leading to better conservation and reduced human-wildlife conflict. Conservationists argue that issuance of "Project Displaced Persons' Certificates" to rehabilitated forest dwellers and tribals will help the eligible beneficiaries to get appropriate reservation in jobs, education as well as get benefits of the government and reduce human pressure on forest areas, improve wildlife habitats. "Forest dwellers and tribals are ready to come out of the areas for their welfare and development, which would ultimately help in reducing anthropogenic pressure on forests," added Kulkarni.

Conservationists say such measures will speed up the relocation program. "The certificate will boost the confidence of forest dwellers and thus more will be willing to relocate voluntarily. The present compensation is not very attractive. While the forest department is facing fund crunch to execute the program, this measure might help bring down the conflict cases," said Joseph Hoover, former State Board for Wildlife member and founder of the United Conservation Movement and Charitable Trust.

# EVERY LAST DROP

## 4 out of 5 taluks in city have registered drastic drop in water table this year; Yelahanka, Bengaluru South, Anekal in the red

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Bengaluru has witnessed an alarming decline in groundwater levels.

The Groundwater Directorate data related to August 2023 and 2022 shows that four out of five taluks in the city have registered a drastic drop in the water table this year. While Yelahanka, Bengaluru South and Anekal districts have registered a drop of more than four metres below the ground level, in Bengaluru North, the water level has shrunk between two and four metres below the ground level.

Only Bengaluru East has registered an improvement in the water level. The groundwater table in the area has shown a rise in the levels by four metres.

Bengaluru rural taluks are reeling under groundwater depletion issues too. When compared with the August 2022 average groundwater level data, the levels in Anekal and Nelamangala taluks have gone down by more than four metres below ground level. As per the report, water in shallow aquifers in the majority of the area in Bengaluru is now reachable at 20-30 metres below ground level. In Bengaluru North, it is available at 10-20 metres below ground level. In Anekal taluk, groundwater is now reachable at 30-40 metres below ground level.

Experts say, apart from below-average rainfall this year, fluctuations can also be attributed to higher extraction from areas that do not have Cauvery water supply. The fast-depleting water table can also be due to a higher extraction rate than recharge. While we are extracting hundreds of million liters per day equivalent to groundwater, only a small fraction of this is being put back inside.

Moreover, the high urbanisation rate leading to concretisation of urban spaces and thus lesser available impervious surfaces is yet another reason behind ever falling water tables in the city.

"Not only are we withdrawing much more than the capacity of the rainfall to recharge these aquifers, we are also increasing the impervious surface area. For efficient recharge of aquifers, a solid percentage of the land surface area must be covered with vegetation or water bodies. While we are cutting down trees and creating more concrete surfaces, our lakes are also in a poor state. At this rate, we are staring at a bleak future," said a city-based ecologist.

> **"For efficient recharge of aquifers, a solid percentage of the land surface area must be covered with vegetation or water bodies** —City-based ecologist

Experts say agencies such as Karnataka Groundwater Authority and Bangalore Water Supply and Sewerage Board should crack down on illegal borewells under the Karnataka Groundwater Act of 2011. They say while there are rules by the Central Groundwater Authority as well, implementation is lacking.

Kalyani created 10 years ago within Allalasandra Lake premises is lying in a state of neglect

# While Allalasandra's old kalyani withers away

Residents of Allalasandra have appealed to the Bruhat Bengaluru Mahanagara Palike (BBMP) to take immediate action to clean and cover an old Kalyani located within the Allalasandra Lake premises. The neglected water body has accumulated substantial garbage, emitting a noxious odour and serving as a breeding ground for mosquitoes, demanding urgent attention after years of neglect.

The Kalyani created nearly ten years ago, was used by locals to immerse idols and for other religious purposes. But, a new Kalyani was built by the BBMP a couple of years ago, leaving the old one pointless. "The Kalyani was built nearly 15 years ago and was used for festivals. However, after BBMP built the new Kalyani, the old one is being used by people to dump garbage. Garbage can be seen strewn around on the steps leading to the water body. While the new Kalyani was cleaned up before the ongoing Ganesha festival, the old one has been neglected for years. The water has turned green due to heavy algal growth," said Jagadish G, a citizen from Yelahanka.

Residents say the situation has worsened during the Ganesha festival. The devotees are using the pond for idol immersion at the new Kalyani to dump flowers, leaves, and other pooja artefacts.

The organic matter is now decaying and leading to a foul smell. Stagnant water is also turning into a mosquito breeding ground.

"People are disposing of all sorts of garbage in the water body, which has become a dump yard. Since the Ganesha festival has begun, people are also discarding flowers, leaves, etc. It has started decaying, leaving behind an unbearable stench. Since the water is stagnant, mosquitos have increased in the area. Water also seeps in from Allasandra Lake. The lake gets many walkers and residents from nearby areas, and a stinking and mosquito-ridden water body is proving to be very inconvenient," said R Ashok, another resident from Allalasandra.

While many residents have highlighted the issue to BBMP and officials from Bangalore Water Supply and Sewerage Board (BWSSB), locals argue that no on-ground action has been taken.

"After we raised the issue last month, BBMP removed the litter. The stench went down a bit, but it is unbearable again. We have informed BBMP officials, and many residents have done it on many occasions. However, we have only got oral assurances. There has hardly been any step taken on-ground," said another resident. —BMB

## IN BRIEF

### College student detained for stalking girl

Madiwala police have detained a college student, who has been stalking a girl since early 2022. According to sources, the accused is from a reputed college of the city located in Koramangala.

The source claimed that the girl's family, the college administration and the boy's family tried to stop him, but to no avail.

The stalker only recently discovered the girl's home and began paying visits. She wasn't there the first two times, but two days ago he finally ended up coming there when she was at home.

The girl and her friend were inside the house and her friend ended up going out to confront the stalker.

Later the girl contacted a social worker known as St. Broseph.

"I asked her to immediately dial 112 to call the police. Because I know the case background, I informed our Koramangala chapter about the issue and requested some volunteers to also go there," he said.

The police arrived after 45 minutes of the girl's call and volunteers working with the social worker were also there.

"The stalker was then detained and taken to the Madiwala police station, and the girl was called there. Then the volunteers, myself, the girl, and her friends, prepared a complaint and submitted it at the police station. We are now preparing a proper draft for an FIR to be filed in this case," he added. —BMB

### Man killed as scooter collides with car

A scooter rider died after he collided with a speeding car near the Kariyana Palya area in Bengaluru, said police. According to the Deputy Commissioner of Police (DCP) West Bengaluru, the deceased has been identified as Ajay Kumar.

"Around 7:30 am, a car speeding from Palya side of Chikkegowda towards Uttara Halli road collided with a scooter rider on Technology road," said police. The DCP said the accident happened due to the negligence of the car driver. "The car driver was driving recklessly and negligently and therefore collided with the scooter," he added.

The scooter rider died on the spot due to severe injuries, while the accused fled from the scene in his car, he added. In this regard, the police station has registered a case under Section 279-304(A) of the IPC and sections of the Motor Vehicles Act (IMV). —ANI

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# BENGALURU SPEAKS

and gets heard on this page

## STORYBEHINDTHEPHOTO

### MOTH MIMICS

A Humming bird moth is gracefully hovering in a garden hedge, resembling its avian namesake in flight and nectar preference.

The picture was clicked by reader **A Avani**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

# Road peril in Chickpet: Safety ignored, taxes not

## High-tax paying areas of Bengaluru demand urgent infrastructure attention from BBMP authorities

| Sridhar Vivan
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Despite being significant contributors to BBMP's tax revenue, certain pivotal areas like Chickpet face severe neglect in terms of essential improvements. Shivaprasad S, a BM reader, said, "Despite being one of the highest contributors to BBMP's tax revenue, this bustling commercial hub has long suffered from deplorable road conditions. Potholes, more like water-filled craters, plague the streets, endangering the lives of motorists and pedestrians alike."

He said, "Chickpet and BVK Iyengar Road are vital arteries for vehicular traffic and are integral to the state's commerce.

People across Karnataka converge here, especially during festivals, to purchase textiles for auspicious occasions like weddings. The area around the renowned main road roundabout has even transformed into an improvised shantytown due to the prevailing conditions.

Regrettably, senior officials have yet to address this pressing issue, endangering the well-being of citizens."

A police official, preferring anonymity, revealed, "Over the past three months, I've repeatedly reported this to the Inspector and Consult Officers. Numerous individuals have fallen victim to the same treacherous pothole. We've approached various authorities, but no concrete actions have been taken."

> **"Despite being one of the highest tax contributors, this commercial hub has long suffered from bad road conditions**
>
> – Shivaprasad S, BM Reader

Expressing frustration, another resident stated, "This problem has persisted for years. If you continue towards Chickpet Metro, you'll encounter even more death traps. Local MLAs rarely visit, and though the police and municipal authorities inspect the area daily, they seldom escalate the issue to BBMP for resolution."

The dire need for swift road repairs to prevent potential fatalities and injuries among motorists remains paramount.

Certain pivotal commercial areas like Chickpet face severe neglect in terms of essential improvements

## DID YOU KNOW?

Avenue Road in Bangalore, a bustling commercial and shopping hub, has historical roots dating back to the time of Kempegowda I. When Kempegowda I established the Bengaluru Pete, the old city, in the 16th century, two main streets emerged as its lifelines: Chickpete Street and Doddapete Street. Avenue Road was previously known as Doddapete. These thoroughfares played a crucial role in the city's development. The present-day Avenue Road is a product of history, situated at the intersection of these two significant streets at Doddapete Square, once known as the 'heart of Bengaluru'. Today, it's a vibrant marketplace with a rich blend of heritage and commerce, attracting visitors with its diverse offerings and historical charm.

## GET HEARD WITH MIRROR

**9591233247**

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

## TAPTHECHATTER

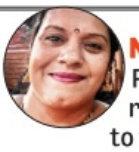
where Bengalureans speak their mind

### How can the government ensure that cyclists are safe in the city?

**Vanishree, BM Reader**
The government should provide separate lanes for cyclists to commute because all vehicles, like cars, bikes and trucks, will occupy the entire road while travelling. No place will be left for cyclists to travel.

**Sharath Guru, BM Reader**
The government should take proper action against those who don't wear helmets while cycling, regardless of age. Even cyclists should be more careful while overtaking heavily loaded trucks.

**Prasanna Balu, BM Reader**
Many school going children prefer taking a cycle to reach school quickly, but this is very dangerous for them. Government should ensure children are not allowed to ride on heavy traffic roads without guardians.



**Nandini, BM Reader**
People opting for double or triple rides on cycles can cause harm to themselves and others on the road. The government should fix a penalty for people who breach the rule by travelling overloaded in a process.

**Poornima Kumar, BM Reader**
Government authorities must provide separate parking slots for cyclists because this avoids parking a cycle in random slots or no parking slots, and they are subjected to a penalty. Cyclists can be charged for riding on the footpaths.

**Prasanna Kumar, BM Reader**
Traffic signals for cyclists should be mandatory while riding. No free turn or u-turn should be provided in heavy traffic junctions for cyclists because this can lead to accidents.

### SPEAK TO US

Which is your favourite place to hang out with friends in Bengaluru?
If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

# Cauvery water row: Bandh planned in city on Tuesday

## BJP, JD(S) leaders join protests; Mandya shuts down against release of water to TN

1. Members of Jaya Karnataka were arrested for lying on the road protesting against release of Cauvery water at Freedom Park on Saturday
2. BJP workers stage a protest in Bengaluru
3. Former CM HD Kumaraswamy visits the KRS reservoir

In protest against the release of Cauvery water to Tamil Nadu, pro-Kannada organisations have called for a Bengaluru bandh on Tuesday. While it remains unclear how the bandh will disrupt normal life in the city, school associations have stated their moral support for the protest but have not declared a holiday, as school exams are currently underway.

Protesters have planned rallies in the city during the bandh. Meanwhile, a bandh was held in Mandya on Saturday.

The police department is on high alert and has made extensive security arrangements following protests in Bengaluru and other districts of South Karnataka on Saturday, opposing the government's decision to release water to Tamil Nadu. Home Minister G Parameshwara has warned protesters not to disturb the law and order situation or damage public property during the protests.

Both the BJP and JD(S) have expressed their support for various farmers' and Kannada organisations protesting against the Congress government.

BJP leader CT Ravi joined the protesters, along with former CM and JD(S) leader HD Kumaraswamy. The bandh call received a strong response in Mandya district, with most shops, theaters, and commercial establishments remaining closed. Roadblocks have been reported in the region, and security has been heightened in Mysuru and Ramanagara districts.

In Bengaluru's Central Business District, BJP staged protests at the Mysuru Bank Circle on Saturday.

Meanwhile, Deputy Chief Minister DK Shivakumar stated on Friday that the government is committed to protecting the interests of farmers and urged protesters not to call for any bandh. Speaking to reporters in Bengaluru, Shivakumar said, "We are there to protect the interest of the farmers of Karnataka. We have appealed to the authorities that no one should take the law into their hands. I appeal to them not to organise a 'bandh'...We are there to support the interest of Karnataka..."

### Simmering issue

Farmers across Karnataka have been protesting since the Cauvery Water Management Authority (CWMA) ordered the state to release 5,000 cusecs of water to neighboring Tamil Nadu for 15 days, starting from September 13. On Thursday, the Supreme Court declined to interfere with the CWMA order. The court stated that both the CWMA and Cauvery Water Regulation Committee (CWRC) meet and monitor water requirements every 15 days. As such, the court was not inclined to interfere with the order passed by the authority. The court also rejected an application by the Tamil Nadu government to increase its current share of Cauvery water from 5,000 to 7,200 cusecs per day. Tamil Nadu had requested fresh directions for the release of Cauvery river water from Karnataka, alleging that the neighboring state had changed its stand and released a reduced quantum of water compared to previous pacts. On September 20, the Karnataka government filed an application with the Supreme Court, seeking a direction to the CWMA to reconsider its September 18 decision.

**-BMB and agencies**

## Heavy rain likely in parts of K'taka

The India Meteorological Department (IMD) has predicted heavy rainfall in north Karnataka region on Saturday and Sunday.

A yellow alert has been issued for Bidar, Vijayapura and Kalaburagi districts which are reeling under severe drought.

Heavy rains are predicted in coastal districts of Uttara Kannada, Dakshina Kannada and Udupi. The districts of Bagalkot, Belagavi, Dharwad, Gadag, Haveri, Koppal, Raichur, Yadgir, Bellary, considered as parched lands, are also likely to receive heavy rains on Saturday.

Central Karnataka district of Chitradurga, south Karnataka districts of Chamarajanagar, Hassan, Chikkaballapura, Kodagu, Kolar, Mandya, Mysuru, Ramanagara, Shivamogga, Kodagu, Tumkur are also expected to receive rainfall.

Rains would also lash Bengaluru Urban and Bengaluru Rural districts. The capital Bengaluru city resembled a hill station since morning. IT city is witnessing rains for two days and heavy rains caused damages in low lying areas. **-IANS**

## Drought aid: State to seek Rs 4,860 cr

The Karnataka cabinet has approved the declaration of drought situation in 195 taluks of the state.

Addressing reporters after the cabinet meeting on Friday night, state Law Minister H.K. Patil said that the state has incurred a loss of Rs 30,432 crores due to the drought.

"We will seek the Central government to provide Rs 4,860 crores as compensation. Due to drought, crops on 39,039 lakh hectares of land were lost," he added. The horticulture crop loss was estimated to the tune of Rs 2,655 crores, for which the state will seek compensation of Rs 206 crore from the Centre. Similarly, the demand will be placed for Rs 104 crore for establishing 195 cattle camps.

The state government will also seek Rs 126.3 crore relief towards setting up 624 cattle feed banks while Rs 25 crore would be sought for medicines. **-IANS**

# Taking stock of gender ratio in governance

When the results for over 70,000 gram panchayat seats spread across 5,728 villages in Karnataka were announced in 2020, the numbers revealed the assertiveness of nari shakti. While 50 per cent of the total seats were reserved for women, more than 50 per cent of the elected representatives were women.

The 35-year-old US educated home maker Swathi Thippeswamy and Bheemavva, a migrant worker, who made it to the posts of president in Sokke gram panchayat in Davanagere and Tallur gram panchayat in Udupi district respectively have successfully completed their tenures and are continuing as members, inspiring their fraternity. Several other members hold Ph.D, postgraduate, medical, engineering and law degrees, according to the Rural Development of Panchayat Raj Department.

Vimala KS, a social activist from Janwadi Mahila Sanghatane, told

IANS that when it comes to assertiveness, it is much better in Karnataka when compared to other states. At the panchayat level though patriarchy and feudal values are still practiced, it is better. This is because in 1986 during late Ramkrishna Hegde's tenure as chief minister, reservation was introduced. "Secondly, there is a perceptual difference between men and women while making decisions. In my experience as a search committee member if there is discussion on civic amenities, women demanded drinking water, streetlights etc while the men demanded community halls. Basic necessities will be a priority for women," Vimala stated. Jyothi Ananthasubbarao, writer and activist attached to the All India Youth Federation, said in the beginning the women representatives were clueless and due to male domination there was no opportunity for them. But, now they are able to overcome it.

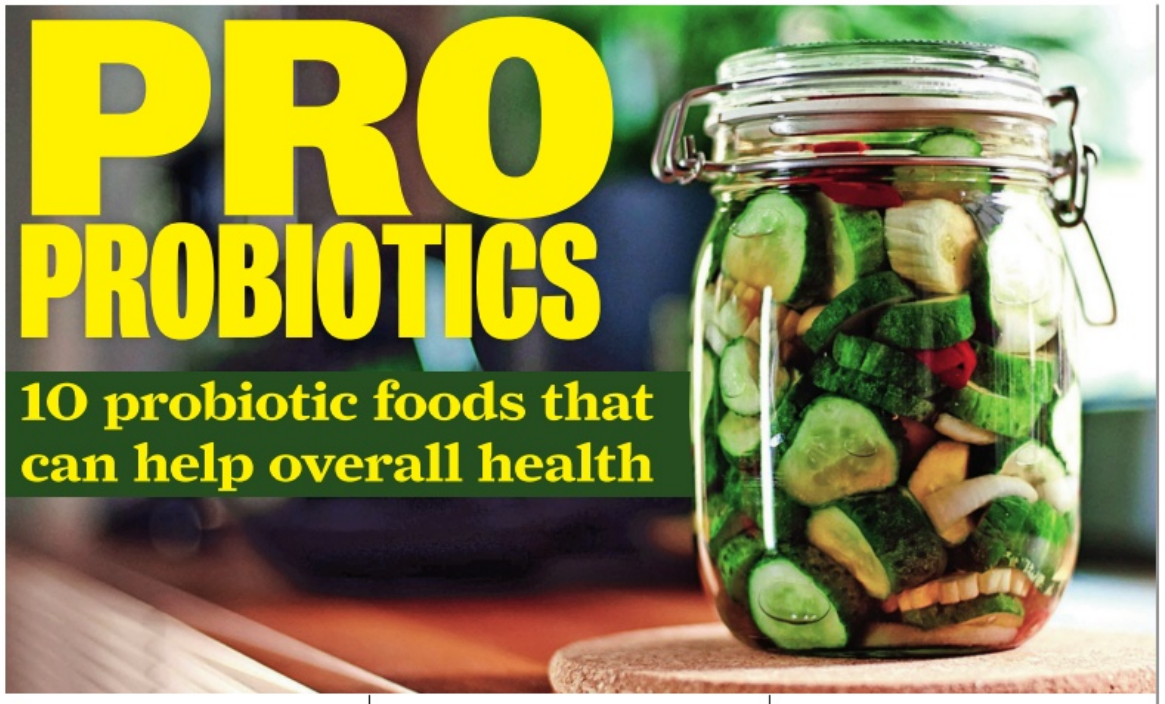
Despite the brighter picture in the local bodies, the Karnataka Assembly presents a poor picture. The 224-seat legislative assembly has just 10 women MLAs and the 34-member cabinet has only one woman minister in Laxmi Hebbalkar. **-IANS**

**HEALTH TIP:** Barley's fibre and complex carbohydrates provide steady, slow-releasing energy, helping to maintain stable blood sugar levels

One of the key factors that make basil seeds a health-promoting superfood is their impressive antioxidant content



# PRO PROBIOTICS



## 10 probiotic foods that can help overall health

It's time to indulge in probiotic foods! Let's explore why.

Found in certain kinds of food, probiotics work toward supporting the health of your digestive system. In other words, they nourish your gut, and work toward strengthening your immunity.

We've curated a list of 10 probiotic foods that can help your overall health:

### 1 Yoghurt

Think about that little cup of yoghurt sitting in your refrigerator. It's time to leverage its benefits by

consuming its contents correctly. Yoghurt is associated with bone health and muscle growth, and works well for people with high blood pressure.

Fermented by two strains of bacteria (lactic acid and bifidobacteria), it is also beneficial for controlling diarrhoea in children and relieves individuals of symptoms stemming from Irritable Bowel Syndrome (IBS).

**Pro tip:** Try consuming yoghurt containing live cultures instead of pasteurised versions of the product.

### 2 Buttermilk

Commonly referred to as 'grandmother's buttermilk', traditional buttermilk is consumed in Nepal, Pakistan and India. This drink, left over during the churning of butter, is packed with minerals, probiotics and vitamins, and functions in a way that supports the nourishment of your gut. This translates to a healthy immune system.

**Pro tip:** Refrain from cooking or baking the fermented drink; these processes kill the live bacteria, and cause the liquid to lose all its probiotic qualities.

### 3 Pickles

We're talking of cucumbers submerged in a saltwater solution. These pickles, too, contribute to the health of your digestive system and encourage the development of a diverse microbiome. They deter the growth of harmful bacteria and assist your body in combating infections.

Typically, cucumbers are fermented for a while to make pickles. And their naturally-occurring bacteria (lactic acid) facilitate the process. This is what makes them sour. Pickles are also loaded with vitamin K and sodium.

**Pro tip:** Do not prepare pickles with vinegar. The resulting product will not contain any trace of probiotics.

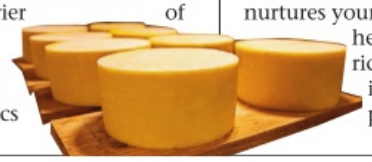
### 4 Green Olives

A probiotic superfood, olives, too, are fermented in a salt-water solution. A gut-friendly bacterium called lactobacillus enables the procedure. In fact, the bacterium contains two types of strains: Lactobacillus plantarum and Lactobacillus pentosus. According to research, the former, apart from aiding digestion, ridding your system of IBS-related issues, and alleviating the problem of bloating, reduces levels of cholesterol too.

**Pro tip:** You can add olives to your salad, and reap the benefits of the rest of the ingredients in one sitting.

### 5 Soft and Aged Cheeses

A few kinds of cheese contain live and active cultures; mozzarella, cheddar, gruyere, gouda, parmesan, and Swiss are varieties that retain their friendly bacteria. Gouda, in particular, is an excellent carrier of probiotics. These specific types of cheese deliver probiotics to your gastrointestinal tract (GI).



A rich source of protein, cheese is dense with minerals and vitamins too (calcium, phosphorus, selenium, and vitamin B12). It's prepared through the addition of lactic acid bacteria to milk.

**Pro tip:** Mature cheese, as compared to fresh cheese, is a better probiotic option since it's packed with a larger proportion of beneficial bacteria.

### 6 Kimchi

Yes, we're referring to the Korean dish. Kimchi's primary ingredient is cabbage; however, it can be prepared with radishes, scallions, and other vegetables as well. Sought after for its vitamins and minerals, kimchi is seasoned with a paste of garlic, ginger, salt, red pepper, and a number of other condiments, and traditionally served with rice.

According to reports, the side dish contains a bacterial strain (lactobacillus kimchi) that doesn't just nourish your gut, promote colorectal health, and reduce cholesterol levels, it also functions in a manner that keeps you slim.

### 7 Kombucha

Kombucha is a Chinese black or green tea drink that has been consumed by people for thousands of years. A popular beverage in Asia, it's prepared with sugar, yeast, and black or green tea. This mix kickstarts the fermentation process and leads to the formation of acids and bacteria within the drink.

Experts claim that kombucha nurtures your digestive system, helps you lose weight, rids your body of toxins, mitigates blood pressure and heart-related issues, and prevents cancer.

**Pro tip:** Purchase a low-sugar, refrigerated kombucha.

### 8 Miso

Miso is a Japanese soybean paste that aids the digestive process. Traditionally, miso is fermented with salt and a specific type of fungus. You can add a little bit of this seasoning to hot water, and create a probiotic-rich broth for yourself.

Miso is linked to a lot of benefits: the production of protein and vitamins, improving intestinal immunity, and warding off pathogenic bacteria in the gut are just a few. It also alleviates conditions like diarrhoea, gastroenteritis, constipation, and such issues.

**Pro tip:** If you're using miso as a flavour burst in soup or stew, add it right at the end of the cooking process; heat can kill probiotic organisms.

### 9 Milk-Based Kefir

Kefir is a thick, creamy, milk-based beverage that tastes like yoghurt. It aids your body in digesting lactose, controlling cholesterol levels, preventing allergies or reactions, tackling infections, improving bone health, and shoring up the immune system.

Prepared by adding kefir grains to cow or goat milk, it contains strains of lactococcus lactis, lactobacillus kefir, lactococcus cremoris, and lactobacillus casei.

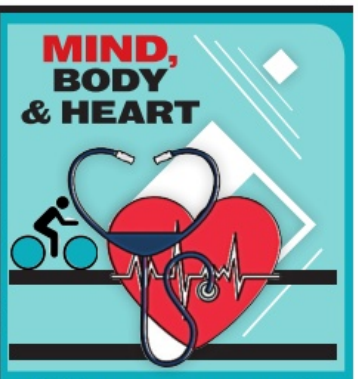
**Pro tip:** Apart from buying the drink, you can also purchase kefir-based ice creams, cheese, oatmeal, and popsicles.

### 10 Tempeh

Tempeh is an Indonesian soybean product. Available in the form of a patty, it tastes like mushrooms, and works as a substitute for meat. This high-protein product contains a microorganism called bifidobacterium bifidum that works to address diarrhoea, constipation, and abdominal pain.

**Pro tip:** If you're a vegetarian or vegan, tempeh works as a great substitute for meat. Try assimilating it into your diet plan. Play with seasonings, and add the patty to salads, burgers, and sandwiches.

**—by Urvi Shah, Femina**




## All you need to know about...

*Ginger supplements*

**Control inflammation**
Ginger supplements can play an important role in controlling inflammation for people living with autoimmune diseases, a new study has found.

**White blood cell**
Researchers studied the impact of ginger supplementation on a type of white blood cell called the 'neutrophil'. They were especially interested in neutrophil extracellular trap (NET) formation, also known as NETosis, and what it may mean for controlling inflammation.

**Ginger for neutrophil**
According to the study published in the journal JCI Insight, ginger consumption by healthy individuals makes their neutrophils more resistant to NETosis.

This is important because NETs are microscopic spider web-like structures that propel inflammation and clotting, which contribute to many autoimmune diseases, including lupus, antiphospholipid syndrome and rheumatoid arthritis.

**Natural supplement**
"There are a lot of diseases where neutrophils are abnormally overactive. We found that ginger can help to restrain NETosis, and this is important because it is a natural supplement that may be helpful to treat inflammation and symptoms for people with several different autoimmune diseases," said Kristen Demoruelle, senior co-author, MD, PhD, associate professor of medicine at the University of Colorado School of Medicine, US.

**Mechanism unveiled**
"Our research, for the first time, provides evidence for the biological mechanism that underlies ginger's apparent anti-inflammatory properties in people," said Jason Knight, senior co-author, MD, PhD, associate professor at the University of Michigan.

**—IANS**

**Not engaged!—** Zendaya recently sparked engagement rumours with Tom when she was seen flaunting a large ring on her ring finger. Later, Zendaya posted a video on her Instagram to deny her engagement rumours



# After Milan, back to Mumbai

## Alia Bhatt created ripples at Milan Fashion Week and now she's back

After slaying everyone with her style statement at Milan Fashion Week, Alia Bhatt returned to Mumbai on Saturday.

The gorgeous actress looked stunning in a black top and white loosely fitted trousers.

The 'Rocky aur Rani kii Prem Kahaani,' was in Milan, Italy, to attend the Gucci Spring/Summer 2024 show. Alia, Gucci's Global Ambassador from India, was joined by Hollywood A-listers Julia Roberts and Ryan Gosling.

Recently, Alia took to Instagram and shared a string of pictures of herself from the event. She wrote, "Personal style but guccified #GucciAncora."

Alia wore a neon green top and light blue bell-bottom jeans all from Gucci. Alia completed her ensemble with pointed-toe heels. To go with her dazzling green t-shirt, the actress wore hoop earrings, black sunglasses, a gold bracelet, and a handbag.

Sabato De Sarno made his debut as the creative director of the Italian luxury fashion business during the eagerly awaited event. The official page of Gucci shared the collection video of the designer. The post read, "Creative Director Sabato De Sarno unveils his first collection on September 22 at 3PM CEST live from Milano."

In the video, Alia can be seen sitting in the front row with Bad Bunny, Kendall Jenner, and Anna Wintour.

In a viral picture that surfaced online, Alia was seen giving a hug to Thai actor Davika Hoorne at the event.

Previously, Alia made her first public appearance at the Gucci Cruise Show 2024 in South Korea after being honoured as the worldwide brand ambassador for Gucci.

At the event, the 'Gangubai Kathiawadi' actor made an appearance in front of a historic place while wearing a mini black dress with polka polka-dotted cutout. She completed her look with black platform heels and a Gucci Jackie 1961 transparent bag.

Meanwhile, on the work front, Alia will be next seen in the film 'Jee Le Zaraa' alongside Priyanka Chopra and Katrina Kaif.

Alia also made her Hollywood debut with 'Heart of Stone' recently. **—ANI**

# With a friend

Janhvi Kapoor made headlines by attending the Ganpati visarjan celebrations hosted by the Ambanis in Mumbai. This event followed the star-studded Ganesh Chaturthi celebrations at Nita and Mukesh Ambani's residence, which drew a slew of celebrities from the Indian film industry.

What caught the attention of many was Janhvi Kapoor's appearance at the Ganpati visarjan, where she was seen alongside her rumoured boyfriend, Shikhar Pahariya. The Ambanis had welcomed Ganpati Bappa into their home for one-and-a-half days, and their festivities were marked by enthusiasm and grandeur. As the time came to bid farewell to Ganpati Bappa, a massive procession commenced from the Ambanis' iconic residence, Antilia, for the immersion of the idol. This procession was not without its share of celebrities, and a viral video emerged featuring Janhvi Kapoor dancing with Shikhar Pahariya during this occasion.

Prior to this public appearance, Janhvi and Shikhar were seen offering prayers at the Tirumala temple. On August 28, the couple visited the temple amid tight security, with Janhvi making her way inside the temple premises accompanied by Shikhar Pahariya.

In terms of her professional endeavours, Janhvi Kapoor's most recent project was 'Bawaal,' where she starred alongside Varun Dhawan. Up next for her is 'Mr and Mrs Mahi alongside Rajkummar Rao, which is eagerly anticipated by her fans. Additionally, she is set to make her Telugu debut alongside JR NTR in 'Devara,' marking another exciting chapter in her career. Janhvi Kapoor's presence in cinema and high-profile events ensures that she remains in the spotlight, garnering attention from fans and the media. **—ETimes**

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## real estate

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**ANJANAPURA** 11 Th Block, 20 * 30 BDA East Facing, Newly Built 4 Bed Room House, Close To Bannerghatta Road, For Sale, Call 9845175534, 9880075595.

### BANASHANKARI

**BANASHANKARI** 6th Stage 7th Block 50x80 Site For Sale in Good Location Near Proposal BDA COMPLEX (AGENTS EXCUSE) Contact: 9845555666

**WANTED** BDA SITES IN BANASHANKARI 6TH STAGE/ANJANAPURA IMMEDIATE SETTLEMENT . CT : 9535575774 / 9343668888.

**LUXURIOUS 3** BHK & 2 BHK, at Chennamanakere, 50 feet Road approach, 3 BHK 1.1 Cr, and 2 BHK 83 Lacs. Call: 8123961928

**MARS THE-PLANET** 2, 2.5, 3 BHK Flat Located @BSK 3rd Stage opp to Tata Promont, 8792155802 9972399993 & 9880625336


### BANNERGHATTA ROAD


**OPERA** Primus, Just 48 Flats, 50% UDS and Top Class Amenities, Handover by Dec - 24, CC Obtained, Last 10 Units left, Only 3BHK Flats avbl. 700 mtrs from Meenakshi Mall, Call : 9740213520, www.operahomes.in

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### BASAVANAGUDI


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### BIDADI


**EAGLETON** RESORTS, BIDADI SITE Sale 80x120, East South CORNER Close to GOLF GROUND GATED Community Rs.2.70Cr Nego. Call: 9845065084


### BTM LAYOUT


**SALE** Semi Furn. Brand New 2BHK Aprtmnt in BTM Lyt 1st Stg, 1037 Sft 2nd Flr Plus 188 Sft of UDS with 1 CarPark A-Katha all Amenities @ 1 Cr 9845006391

**5500 SQFT** 1st Floor For RENT Thavarekere near (Banglore Dairy)Chocolate Factory Rd, Above Federal Bank. Call: 93425 97945


### CAMBRIDGE LAYOUT


**BRIGADE** MAYFAIR, North Facing , 3 BHK With Servant Quarter Flat 2245 Sqft 1 Car Park, Pool, Gym, Power Back Up, For Sale. 2.70 Cr. 9845007176


### DEVANAHALLI

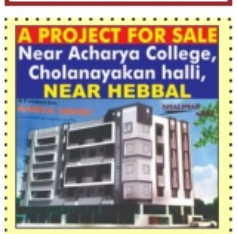

**1200** sq ft West Facing BIAPPA approved e-khata residential Plot for sale at Chartered Woodpecker Devanahalli at Rs 42 Lakh. Cont owner 7483336367


### ELECTRONIC CITY

**2BHK 3FLR,** 1BHK 1,Flr, 1,Single Room, Electronic City, 1st Phs, Balaji Lyt, Rent Income 60k Rs.1.15Cr Ct: 9743700700/ 9620965007

**SITE** FOR SALE 60X40 East Facing, Suryanagar 2nd Stage (Surya City) Chandapura KHB Call: 9480043779 (WhatsApp 00971524972471)


### HEBBAL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Contact:
99022-31111

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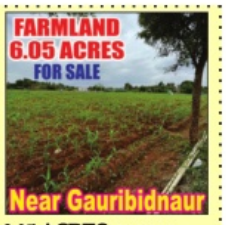
**ARAKAVATHY-LAYOUT,** Block 2, Sampigehalli 30x40 BDA site East face sale genuine buyers only Contact: 'Aries property'-9741134782, 9448065721






**6.05 ACRES** SINGLE PIECE LAND WITH ROAD ACCESS NEAR GAURIBIDNAUR 70 KM FROM HEBBAL 7676149282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**SALE** Underconstruction G + 3 building with 1no. of 2 bhk & 1 no. of 1 bhk each on 1st & 2nd floor & 1no. of 3 bhk on 3rd flr with provision fr 1 more additi onal flr on a 30'-0" x 60'-0" 'B katha converted site nr biozeen hennur road. Call : 98861 75071


### HOSKOTE

**INDUSTRIAL LAND** 7 Acres with Industrial shed of 60,000 sqft and cranes. Available for rent at Budigere Hoskote. Call 7795678982


### HRBR LAYOUT

**BDA 40X60** Site Sale in Prime Location HRBR, KASTURINAGAR & Ombr Layout, Ideal Living Space 9449209638 / 9845450396


### HSR LAYOUT


**WANTED** BDA Sites @ HSR Layout & surroundings any dimension Owners plz ct Ram chandra (Ex-Army Person) for genuine transaction 9845509093

**2&3BHK** flat for sale starting from 45 lack Bommanahalli main road near Silk Board ready to move (new apartment) -marketing manager 9886768004

**HSR** sale commercial 40x70 site with 5 floor bldg East facing, sect-1 rent 8.5 L rate 15.5Cr, 50X80 sect-3 rate 25k pls Ct 9845004282/ 7760483611

**SALE** HSR 30X40 4BHK Indep House, 40x60 5BHK Indep House & 50x80 5BHK Indep House Semi frn, 4 Carpark each house. 9945265049/ 9663371049

**WANTED** sites in HSR Layout any sector any facing good location 30x40, 40x60, 50x80 Please Contact 9845004282/ 7760483611



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### JAKKUR


JAKKUR 7th Blk
ARKAVATHY LAYOUT
BDA SITES
Contact:
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99022-31111

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# BANGALORE PROPERTIES

## JAYANAGAR

**RAJA** Prakruthi Excellent Location Semi furnished 3 BHK West facing 2450 sft flat with all amenities for sale. Price 3.1 Cr Nego. OM Realtors: 98450 77219.

**SALE** Prime Commercial Prop @ 4th Blk 10th Main Near Hande Hall, 42x66, West Facing, Clear Titles, Sterling Realty:96865 22990, 94830 61784

## JP NAGAR

**FOR** SALE : JP Ngr 2nd Phase 2 & 3 BHK Duplex Courtyard Terrace Garden 1905 Sqft & 3255 Sqft - Climate Responsive Apartment, 2 Cr & 3.2 Cr with Interiors Ready. Call : 9740213520.

**SALE** BRAND New House JP. NAGAR 9th Phase 40x60 Royal Park Residency Phase 1 5BHK Modern Interiors Rs, 4 Crores Negotiable. "SHIVU" 9880004149

## KANAKAPURA ROAD

**JUDICIAL LAYOUT** 2ND Phase, Kanakapura Road: 1200sft West Facing Site for Sale Rs.1.56crores. Contact: 9008026144

## KENGERI

**BMICAPA/ RERA** Approved plots for Sale Project Bangalore- Mysore Express Highway before Wonder la,Loan Avail.Gated Community. 8073789763

## KORAMANGALA

**OFFICE SPACE,** Each Floor. 2200 Sft. 4 Floors, Ample Parking, Standby DG, Lift, all Amenities: 7975460116/ 9916922211

**READY** For Occupy, 2&3 Bhk Flats For Sale, Occupancy Certificate Received, with all Amenities, @Koramangala & Hsr Layout, Call - 90084 04478.

## MAGADI ROAD

**PLOT FOR** SALE 40x60 NORTH FACING BBMP A KATHA BEL Layout MAGADI ROAD Rs. 10000/- Call: 9916826976

## MULTIPLE LOCATIONS

**S A L E** 3 0 x 4 0 VISHVESWARAIAH LAYOUT 4th Block South Facing Owner 80 lakh Negotiable. Contact: 99453 73839, 96200 41313

**SALE** BSK 6th stage 9th Block 30x40 East Facing 9th Block 65 and 20x30 48 lakh & 4th Block 40x60 west 1.85Cr negotiable 9945373839, 9620041313

**SALE** BDA JP Nagar 8th phase 2nd Block West facing 60 feet 40x60 also 9th phase 3rd Block East 40x60 good location 9945373839/ 9620041313

**SALE** BDA Anjanapura 8th Block 40x60 west Facing Near BDA complex 40 Feet Road, Bangalore. Contact 9620041313/ 9945373839

## MYSORE ROAD

**URGENT SALE** 7623sft DC conv E khatha semi comm Land @ mysore Rd just 100ft dist from iway 9606021724 * t&c

## NAGARBHAVI

**SALE:** 3 BHK "Vidyagiri Appartment" @ Nagarabhavi. 1.20cr. and 2600 sqft Comercial building available for rent @ RPC Layout. Call: 8867569333

**SALE:** 30x40 4BHK Duplex House with Lift, D-Group Layout, Nagarabhavi near Arun Icecream, Good Location. genuine buyers Call: 9844520548

**3BHK** 1400 sqft new Flat FOR SALE MALLATHAHALLI, ITI Layout, NORTH FACING. Contact: 9986337989/ 8792207829

**NAGARBHAVI** Sale 20'x40' EAST FACING, ITI Layout, Near SBI Bank, 80 Feet Road. Contact: 9880282003 / 63661 62554

## NANDINI LAYOUT

**554 SQFT** BDA House (G+2 Flr - 35k Income) for Sale Dheenabandhu Nagara, Nandini Layout, B'lore-96,Cl: 9108956254

## RAJARAJESHWARI NAGAR

**TRILOK VILLAS** and Apartments Premium Plots at Kenchanahalli @ R.R. Nagar. 9008880994 9900199564 & 9972399993

## RICHMOND TOWN

**CLOSE** to Richmond Road & Near Garuda Mall, 5Bedroom Fully Furnished Bunglow, Built up Area 50sqs, Site Area 2900Sft, East Facing: 9845022510

## SADASHIVA NAGAR

**CLEAR** TITLE SITE FOR SALE AT SADASHIVANAGAR / RAJMAHAL VILAS EXTENSION 3120 SQ FT. CONTACT. 98440 05550

## SAHAKARA NAGAR

**WANTED/** Available. Sahakaranagar. Talacauvery Lyt, Vidyaranyapura, NTI 1&2 TATA Nagar. MCECHS Lyt. 30x40/ 40x60. Call 9986906890

## SHANTI NAGAR

**SHANTHINAGAR** flat, Outright sale. Pre tenanted, 2BHK + dining, 2nd flr, 1000 sft built up, Attractive price. Brokers excuse. call 9886176815.

## UTTARAHALLI

**OC/ CC** Project at Uttarahalli 2, 2.5 BHK with amenities,-Vastu, close to Metro. Basic Rs. 6000 per sft. 9886191552 / 9916999970

**3/4-BHK** New Luxurious flats for sale, fully furnished, Italian marble, 24/7 cauvery, security, and Car Parking. Rs.70L/ 90L Contact: 9945224058, 6360501159.

## VIDYARANYAPURA

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## VIJAYA NAGAR

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## VISVESWARAIAH LAYOUT

**AVAILABLE** Commercial 50X80 BDA Site in Vishweshwariah Layout North Facing 80feet Road Good Location Buyers Contact: 9743381719

**AVAILABLE/WANTED** BDA Sites in Vishweshwariah Layout 50x80, 40X60, 30X40, 20X30 Genuine Buyers And Sellers. Contact: 9743381719

## WILSON GARDEN

**SALE,** 1st Floor Furn. 2 BHK Apart.1100 Sft with 3 Balconies, Carpark @ 2nd Cross Wilson Garden. 85L. North Facing, A Khata. Contact: 9901255491

## YELAHANKA

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# PROPERTY ANCILLARIES

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**POSH 2250SFT** Space 20 w/stn Reception,conf/exec Rooms,Power Backup UPS Pantry,washrooms,Full Ac /Carpets. Ownr:9886030621

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**NEED** Empty Land For Gas Station On Main Road In Bangalore City For 15 Years Rent/Lease Space Required 70x70 Ft. Call: 98455 82152

**JAYANAGAR** 4th Block Commercial Space 3500Sft For Rent in Prime Location Near Shopping Complex Ground & 1st Floor:9341219222/ 8494916777

**RESIDENCY** Road Prestige Towers Tenanted Property for sale MNC Bank -1744 sft. Rental Rs.19.6 Lacs/annum. Price Rs.3.60cr. Citilines - 98450-41417

## HOTELS/ RESTAURANT

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## INDUSTRIAL PREMISES

**INDUSTRIAL SHED** for RENT, SHED - PEB structure, Total 16578+6562 mezzanine sqft = 23,140 sqft, Land Area - 1 Acre, 28 Centre height, 24 Clear Height, 4 Dock Big, Open space 20000 sqft, Bore Available, 140 HP Power, Good approach, Concrete Road Inside, Watchmen Shed Available, Plot No. 108, 1st Phase, Harohalli KIADB Indl Area, Kanakapura Road, Please reach out 9845328909/ 9886660039

**SALE** Yeswanthpura BDA Industrial Land on ring road 35000 sft north/ East corner. suitable comml/ car showroom software. Srinivas: 9342842978

**AT JANHAVI** Industrial Layout, Henchipura Village, Kasaba Hobli, Nelamangala Ph: 9482820702

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**1ST FLOOR** - 4 BHK & 2nd Floor -3 BHK with parking @ Suryanagar Phase-1, 100ft Double Rd, Chandapura 97313 41079

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## PROPERTY WANTED

**WANTED: PLOTS** or Sites for buying. location: Kasvanahalli, Haralur, Sarjapura rd, Bangalore East. Ph: Madev: 9481466169 / 9945013876

**WANTED** SITE IN MYSORE REQUIRE IN TELECOM LAYOUT, DATTAGALLI, VIJAYANAGAR CONTACT: 98456-99488

# jobs

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**Contact : 8660136247 9845087439**
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MSc BEd with minimum 5 years experience in CBSE teaching
Middle school and High school
Required Admission Councellor
Bsc/BCom with minimum 5 years experience.

## ACCOUNTS

## ACCOUNTANT

**WANTED-HELPERS** (Male) with 0 -5 years of experience for manufacturing company for a reputed organisation at Yeshwantpur industrial Suburb. Contact : 7259989510.

## MARKETING, ADVERTISING & SALES

## MARKETING

**REQUIRED** M/F Accountant, Marketing, Sales For a Granite & Tiles Company in Sarjapur Road, Near Dommasandra Circle: 8050065000 / 9036023053

## SALES

**WANTED** Female Sales Executive for goods pick and drop (Vehicle Needed). Good Salary + Incentive Call 7395949133

## OTHER VACANCIES

## MULTIPLE VACANCIES

**WALK** in Interview-Marketing Exe & Manager (Exp in Building Materials & Lubricants/ Crusher Materials/ Man Power Agency) 7349237786 shanenterprises25@gmail.com

# travel

## IMMIGRATION

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# auto

## HEAVY VEHICLES

## BUSES

**SCHOOL** BUS FOR SALE: 1. Make: Swaraj Mazda, Seating Capacity: 24+1, Mfg: 2008 2. Make: Swaraj Mazda, Seating Capacity: 24+1, Mfg: 2010 3. Make: Swaraj Mazda - JCBL, Seating Capacity: 32+1, Mfg: 2011. Genuine buyers contact 8310724356 for inspection.

# personal

## CHANGE OF NAME

**I** Nishant Gajbhiye S/o Raghunath Gajbhiye R/at 4023, Sobha Cinnamon and Saffron Apartment, Birla Circle, Haralur Road, Bangalore 560068 have changed my name as Nishant Raghunath Gajbhiye in front of Notary Yankoba Bangalore

**I,** Ravi Reddy S/o Shiva Reddy R/o No.404, 4th floor, E-block, Jnanabharathi, Platina Extotica, 1st main road, Bengaluru 560056 have changed my name to Ravi Reddy Shivareddy Danareddy, Affidavit Dt.23/09/2023 notary, Harisha G, B'luru

**I** Rohan Setty S/o Kota Satyam Balakrishna Setty, R/o, No 1679,15th Main road, Banashankari 2nd stage, Bengaluru 560070, have changed my name to Rohan Balakrishna Setty for all purposes.

**I,** Anjali S Panicker D/o Surendra Panicker, R/o: E-4, 45D, Udyog Vihar, Sector-82, Noida Phase II, Noida, Uttar Pradesh-201301, have changed my name from Anjali S Panicker to Anjaly Panicker for all purposes in future

**I,** Harinder Singh Rana S/o Kripal Singh Rana R/o Apartment number, I-1236, Brigade Cosmopolis, Whitefield main road, Bangalore, Karnataka-560067, have changed my name to Harinder Rana for all future purposes

**I,** L S ANIS AHEMED S/o L S AHMED R/o No.5, 8th cross, H.Siddaiah Road, Wilson Garden, Bengaluru 560027 have changed my name to L S ANEES AHMED affidavit Dt.22/09/2023 Notary Harisha G, B'luru

**I,** Jeeja Panangavil Residing at No 1501, Bhuvaneshwarinagar, Dasarahalli Main Road, H A Farm Post, Bangalore-560024 have changed my name to JEEJA GERALD vide affidavit dated: 19.09.2023 Sworn before notary:D.Sarala Kumari, B'lore

**I,** Grushave M S/O, Maniyam R/o #7/28 4th Main 4th Cross Btm Stage 2 Ns Palya Abbayappa Layout Bangalore - 560076 have changed my name to Gurushave M for all purposes.

**I** Saif Khan, R/o No 13th , 9th Cross, Manorayana Palya, Kingston court Appartment 3rd floor, C1, RT nagar, Bangalore-560032 Have Changed My Minor Son's Name From Arsh Khan to Shehzad Khan.

**I,** Cheekatla Madhavi W/o Cheekatla Venkateswara Rao, R/o 4-103, Chintakula Vari Peta, Sunkarapalem, East Godavari, Andhra Pradesh, 533464, Have Changed My Name to Palika Madhavi.

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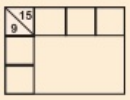
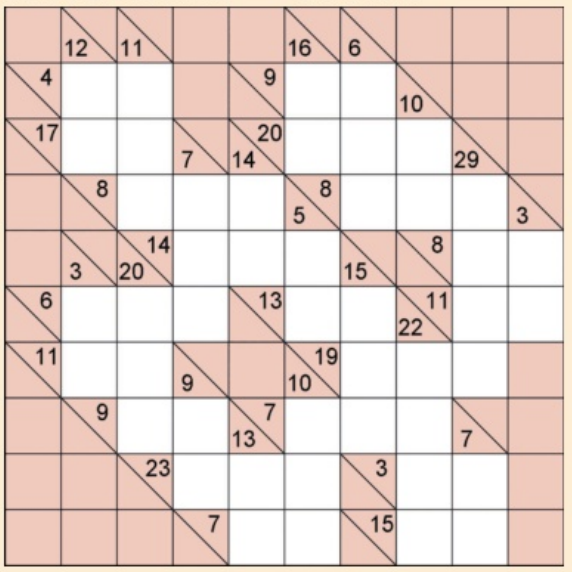
## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

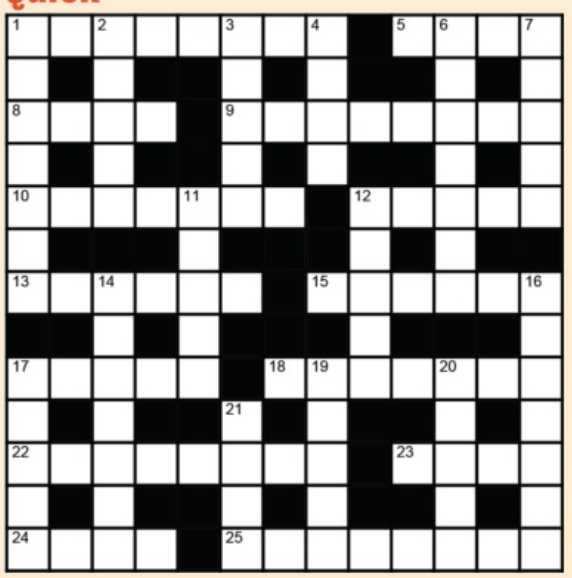



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

1 Solitary (8)
5 By word of mouth (4)
8 Ms Sharma of Bollywood (4)
9 Enlivens, gives life to (8)
10 Percussionist (7)
12 Rides the waves (5)
13 Narrow-minded observer of form? (6)
15 Dirty animal shed (6)
17 Untidy or dirty (5)
18 Baltic Republic (7)
22 Hollywood actress Jennifer ____ (8)
23 King of the beasts (4)
24 Simple (4)
25 Cloaked or concealed (8)

**DOWN**

1 Formed a queue? (5,2)
2 First prime minister of India (5)
3 Talk at length (5)
4 Eire or Ireland ? (4)
6 Gives back (7)
7 Is bested (5)
11 Wealth (5)
12 Avoid out of fear (5)
14 Disclaims or denies (7)
16 Longed for (7)
17 Beach near Udupi (5)
19 Clip or cut (5)
20 River nymph (5)
21 Responsibility (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: O EQUALS G**

OFJPQIJAA, OJIJFPEEC AWJPZVIO, VA PI GIGAGPE UGPIQVQC KT P GAGPE UGPEVQC OFPTQJH GWKI P LKXXKI XPI.

**Linemaro**

I don 't know if you are beautiful or not , I haven't gotten past your eyes yet

**Mindchow**

It takes considerable knowledge just to realise the extent of your own ignorance

**Joke of the day**

I asked my wife what she wanted for her birthday. She said "Just gimme something with diamonds." That's why I got her a pack of cards

## Loop

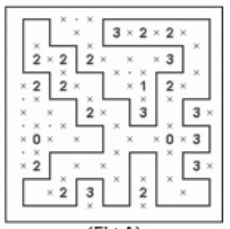
**Rules**

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

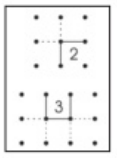
**How to begin:**

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

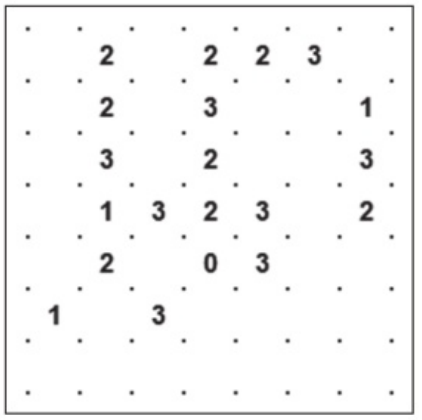
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



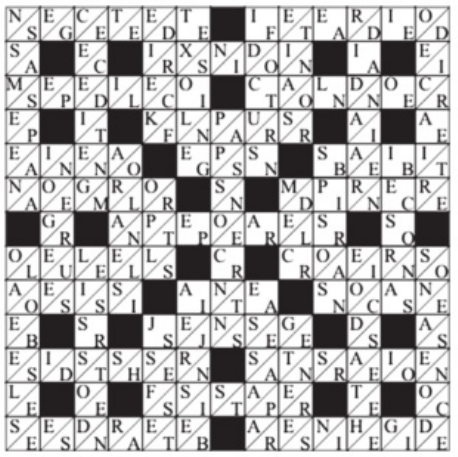
(Fig A)



(Fig B) Not Allowed



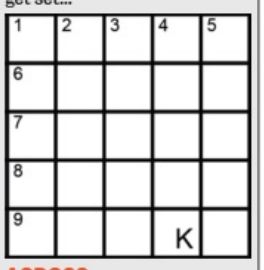
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...




**ACROSS**

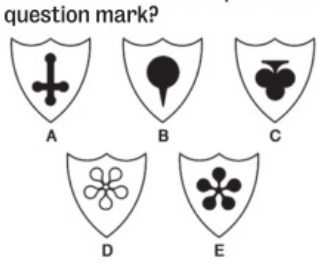
1 CL hun; 6 A Lyra;
7 In nit; 8 N char;
9 Raked

**DOWN**

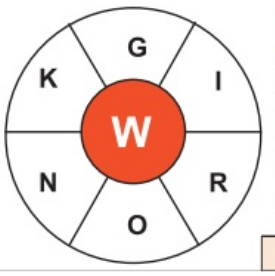
1 Lidar; 2 Lunar;
3 An nan; 4 C Rick;
5 Thy he

## Mensapuzzle

Which shield should replace the question mark?



## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 12 Good; 14 Outstanding

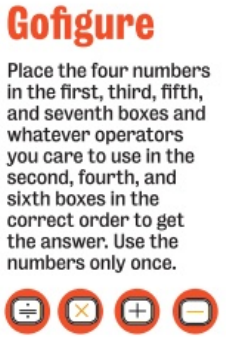
## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 5 | | 3 | | 8 | | 1 | 6 |
| | | 2 | | 4 | | 5 | | |
| | 1 | | | | | | 4 | |
| 6 | | | | 9 | | | | 4 |
| | | | 6 | | 7 | | | |
| 5 | | | | 8 | | | | 2 |
| | 9 | | | | | | 7 | |
| | | 6 | | 3 | | 4 | | |
| 8 | 4 | | 9 | | 2 | | 6 | 3 |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



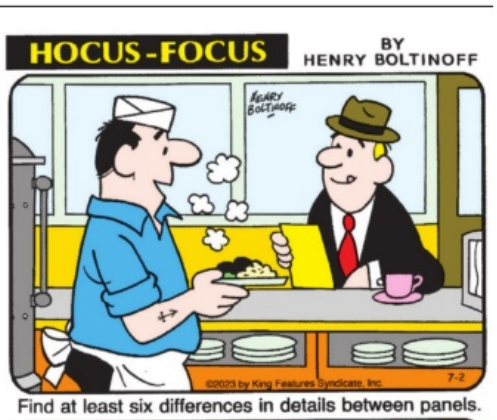
Easy = 1
4 5 7 7

Medium = 18
2 3 9 9

Hard = 8
2 6 7 3

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

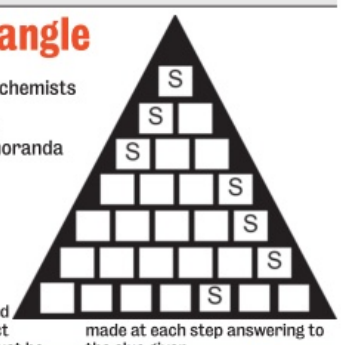
**Differences:** 1. Cup is larger. 2. Fingers are moved. 3. Tattoo is reversed. 4. Nose is smaller. 5. Napkin holder is moved. 6. Position of cap is different.

## Riddler

There are 100 birds on a tree. Using what method will you be able to capture them all in one shot?

## Alpha triangle

1 Curved letter
2 Selenium for the chemists
3 Collection
4 Digits of the feet
5 Secretary's memoranda
6 Makes amends
7 Treachery




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.


DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

## COMICS

The BETTER HALF
by GLASBERGEN
featuring HARRIET & STANLEY PARKER
IT'S A FACT THAT MOST OF THE THINGS WE WORRY ABOUT NEVER ACTUALLY HAPPEN.
IN THAT CASE, WE SHOULD SPEND MORE TIME WORRYING ABOUT VIOLENCE, DISEASE, POVERTY, WORLD HUNGER, AND THE CANCELLATION OF 'BAYWATCH'.
BRAIN
"First we locate the part of the brain that creates excuses. Then we find a doctor who's good with lasers..."
"Just because the cat takes your side, that doesn't mean you're right!"
WEDDING PHOTOS
"There are 63 pictures of us feeding cake to each other. It was really good cake."
"Half of all marriages end in divorce. Probably the second half."
BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
RYAN'S MOM ALWAYS DRESSES NICE.
RYAN'S MOM GOES TO PILATES CLASS FIVE DAYS A WEEK.
BAP! BAP! BAP!
RYAN'S MOM USED TO SING IN A BAND.
RYAN'S MOM-
CAN WE CHANGE THE SUBJECT?
LET'S NOT TALK ABOUT SOMEONE ELSE'S PERFECT LIFE WHILE I'M JUGGLING DINNER FOR FIVE PEOPLE, DOING LAUNDRY, AND ENTERTAINING A TODDLER!
OKAY.
RYAN'S MOM IS SURE RIGHT ABOUT STRESS CAUSING WRINKLES.
GAH!
the AMAZING SPIDER-MAN
STAN LEE
THWIP!
POSSESSING INCREDIBLE 'SPIDER-POWERS', PETER PARKER USES HIS SCIENTIFIC WIZARDRY TO CREATE AN ARTIFICIAL WEB-SHOOTER--
--A SIMPLE DEVICE, MAKING HIM MASTER OF THE CITY'S ROOFTOPS!
WHAT OTHER STAR COULD FIND HERSELF SADDLED WITH A FLOP MOVIE--AND MINUS A BROADWAY THEATER TO PERFORM IN--
--AND MY AGENT CAN ALWAYS GET IN TOUCH IF SOMETHING TURNS UP.
--AND SAY, "HEY, LET'S GO VACATION IN AUSTRALIA!!"
WHY NOT? WE'VE GOT MORE THAN ENOUGH MONEY TO TIDE US OVER--
STAN LEE '0-26 SAVIOR/TSINNOTT
THERE'S JUST ONE PROBLEM, REALLY!
CAN YOU SURVIVE FOR A FEW WEEKS WITHOUT J. JONAH JAMESON BELLOWING IN YOUR EAR?
HAHAHAHAH
AS SOMEBLOCK'S AWAY...
ALL RIGHT, CAGE--IT'S TIME TO PUT YOU TO WORK!
IF ONLY I COULD SUMMON THE WILL-POWER TO RESIST KILLGRAVE--!
IN THE BEST-LAID PLANS OF MICE AND
SPIDER-MEN!

## WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today, your hard work may pay you in terms of success. You may plan to go for a short work-related visit. Your subordinates may support you in implementing your business plans. Your opponents may praise your hard work. You may hear good news in terms of siblings.

**Taurus** Apr 21 – May 20
Today, you may be able to control your expenditures on worthless stuff. You can invest capital in the business. You may invest your savings into some real estate projects, which will boost your financial health in the near future. You may be polite to others. You may be able to focus on domestic affairs, but your spouse will become upset or have health issues.

**Gemini** May 21 – Jun 21
Today, you may have good vitality and inner strength. You may make good plans and implement them efficiently. But you might carefully read documents before putting in a signature. Due to your enthusiasm, you may invest some capital into the family business.

**Cancer** Jun 22 – July 23
Today is not a good day due to anxiety and restlessness. You may waste your precious time doing worthless tasks. You may visit some religious places to seek peace of mind. You may get advice from your elders, showing you some direction to manage the messy situation.

**Leo** Jul 24 – Aug 23
Today, social get-together, you will re-establish your network, which will give you benefits in the near future. Natives related to glamour, art, and fashion will plan to do something new regarding their profession. Students will perform better today in terms of study. Love birds will enjoy their happy moments.

**Virgo** Aug 24 – Sep 23
Today, you may be busy on the work front, making you tired, and you may need more time to make proper time for the family get-together. You can create some overseas networks, too. You should be careful in terms of investments. Natives in the job may get a promotion.

**Libra** Sep 24 – Oct 22
Today, the situation is under control now. Your destiny may likely be with you in terms of gains in business. You may get some rewards for your hard work. It may be an excellent time to reinitiate your postponed projects. You may expect peaceful religious travel. You can also donate some amount to any religious place or some charity.

**Scorpio** Oct 23 – Nov 22
Today, your moon is not in a good position. You may have health issues. You may face losses in the business or investment. It is advised not to invest in the business. Your gains will convert into losses. So, you are advised to stop making investments in worthless objects. You should avoid being involved in controversies; otherwise, it will pull you down negatively.

**Sagittarius** Nov 23 – Dec 22
You are blessed by the moon today. You may expect to hear some good news in terms of profession. Domestic life may likely be in full swing of joy. You are advised to avoid making arguments on worthless topics. Over-excitement may test your patience. You can make important decisions in making investments in real estate. Students will be focused on their studies.

**Capricorn** Dec 23 – Jan 20
You will feel dull, but you may get back to your work. You may pay extra attention to kid's academics. You may likely be in the winning position against your enemies and opponents. Investors should be careful while making difficult decisions. Job seekers may find suitable jobs.

**Aquarius** Jan 21 – Feb 19
Today, you may find negative vibrations around you, making you unhappy, so you should avoid investing in worthless assets. You may notice that friends may not be supportive today. So you should not expect more from them for help; otherwise, it may upset you. You should make independent decisions today.

**Pisces** Feb 20 – Mar 20
Today, you may feel dull and need help with your work front. You should keep patience in making investments. Quick decisions in business are not advisable today. You will likely spend money on worthless stuff, which may make your family unhappy.

## KIDZONE

Rajeeka Pal, 4 Years, Vadgevi Vilas School

P V Krupa, 8 Years, V.E.T. School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

## SOLUTIONS

**SOLVE IN 1M**
$\sqrt{12^3}+\sqrt{8^2}=$
$\sqrt{36}+\sqrt{16}=$
6+4=10

**RIDDLER**
Using a camera

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | E | C | E | D | E | F | E | A | R | E | D | | | |
| A | | E | | I | X | I | O | N | | A | | E | | |
| M | E | D | I | C | I | C | O | L | D | E | R | | | |
| P | | I | | K | L | A | U | S | | I | | A | | |
| A | N | N | O | | E | S | | B | A | I | T | | | |
| N | E | G | R | O | | S | M | I | N | C | E | | | |
| D | R | U | M | M | E | R | | S | U | R | F | S | | |
| E | | R | | T | | N | | | | U | | E | | |
| N | E | H | A | | A | N | I | M | A | T | E | S | | |
| I | | E | | R | | R | | E | | O | | | | |
| L | O | N | E | S | O | M | E | | O | R | A | L | | |

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| L | U | N | C | H |
| A | L | A | R | Y |
| I | N | N | I | T |
| R | A | N | C | H |
| D | R | A | K | E |

**QUOTE UNCODE**
Greatness, generally speaking, is an unusual quantity of a usual quality grafted upon a common man.

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | A | S | Y | | S | H | R | O | U | O | E | D | E | |
| P | | N | | U | | A | | | | A | | | E | |
| L | A | W | R | E | N | C | E | | L | I | O | N | | |
| A | | O | | H | | | | A | | | | R | | |
| M | E | S | S | Y | | E | S | T | O | N | I | A | | |
| | | I | | E | | R | | | | | | E | | |
| P | E | D | A | N | T | | P | I | G | S | T | Y | | |
| | | O | | K | | N | | | | | | | | |
| D | R | U | M | M | E | R | | S | U | R | F | S | | |
| E | | R | | T | | N | | | | U | | E | | |
| N | E | H | A | | A | N | I | M | A | T | E | S | | |
| I | | E | | R | | R | | E | | O | | | | |
| L | O | N | E | S | O | M | E | | O | R | A | L | | |

**BULL'S EYE**
known, grow, grown, know, owing, rowing, wing, wink, wino, work, WORKING, worn, wring, wrong

**MENSA PUZZLE**
E: each line across and down contains one each of the three symbols. In each line one symbol is black, and one is upside down.

**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 5 | 4 | 3 | 2 | 8 | 9 | 1 | 6 |
| 9 | 6 | 2 | 7 | 4 | 1 | 5 | 3 | 8 |
| 3 | 1 | 8 | 5 | 6 | 9 | 2 | 4 | 7 |
| 6 | 8 | 1 | 2 | 9 | 3 | 7 | 5 | 4 |
| 5 | 3 | 7 | 1 | 8 | 4 | 6 | 9 | 2 |
| 4 | 2 | 9 | 6 | 5 | 7 | 3 | 8 | 1 |
| 2 | 9 | 3 | 4 | 1 | 6 | 8 | 7 | 5 |
| 1 | 7 | 6 | 8 | 3 | 5 | 4 | 2 | 9 |
| 8 | 4 | 5 | 9 | 7 | 2 | 1 | 6 | 3 |

**ALPHA TRIANGLE**
S, Se, Set, Toes, Notes, Atones, Treason.

**LOOP**

**GO FIGURE**
Easy
7 + 5 – 4 – 7 = 1
Medium
9 x 3 + 9 / 2 = 18
Hard
7 – 6 + 3 x 2 = 8

**KAKURO**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 3 | 1 | 9 | 7 | 2 | 8 | 6 | 5 |
| 9 | 8 | 6 | 2 | 5 | 3 | 4 | 1 | 7 |
| 7 | 2 | 5 | 4 | 1 | 6 | 9 | 3 | 8 |
| 6 | 1 | 4 | 8 | 3 | 5 | 7 | 2 | 9 |
| 8 | 5 | 3 | 7 | 9 | 4 | 2 | 8 | 1 |
| 2 | 9 | 7 | 1 | 6 | 8 | 3 | 5 | 4 |
| 1 | 6 | 8 | 5 | 4 | 9 | 1 | 7 | 2 |
| 5 | 4 | 2 | 3 | 8 | 7 | 6 | 9 | 3 |
| 3 | 7 | 9 | 6 | 2 | 1 | 5 | 4 | 8 |

Volume No 16, Issue No 16 RNI NO:KARENG/2007/22325 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore – 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru – 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

# One twist too many

**DVANDVA**

**3.0** RATING ★★★☆☆

- **DIRECTOR** Bharath L
- **ACTORS** Tilak Shekar, Asiya Firdose, Anita Bhat, Dinesh Mangaluru, Raja Balawadi, Nayana
- **Duration** 115 minutes
- **Certification** U/A

The meaning of Dvandva is dualism, but the story has been told by debutant director Bharath L with multiple subplots touching numerous themes of emotions, romance, politics and science.

The movie revolves around incidents taking place on a day between 6 am and 6 pm. It opens with Sihi (Asiya Firdose) seeking her father's permission to go to a temple. Sihi gets a WhatsApp message from a musician asking her to meet him at a coffee shop. Aryan (Tilak Shekar), a doctor, also comes to the coffee shop. Sihi mistakes Aryan as the musician who sent messages to her. Though they wanted to end the meeting in 30 minutes, it gets extended to the whole day. Sihi finds Aryan's company comfortable. At the same time, the director introduces a chief minister (Dinesh Mangaluru) who wants to promote his daughter (Anita Bhat) in politics over his son Sachin. Home minister (Raja Balawadi) joins hands with Sachin and hatches a plan to defame the chief minister.

The chief minister comes to know that Sihi has escaped from her home. He directs Assistant Commissioner of Police Sathya Prakash (Shobharaj) to find her. Sachin also engages a sharpshooter to eliminate Sihi. As if these many turns were not enough, the director now introduces Trisha (Nayana), an actress who is forced to become a call girl. Another character Manja (Varun Krishna), an epitome of bad habits, whose desire is to bed Trisha, is also thrown in. What happens to Sihi and Aryan? Why is the chief minister curious to know about Sihi's whereabouts is what Dvandva is all about.

Tilak Shekhar looks sober and composed throughout the movie. Asiya Firdose, debuts as a heroine in Sandalwood through this movie. Anita Bhat has nothing to do in this movie except making a brief appearance in a few scenes. Dinesh Mangaluru is convincing as a corrupt chief minister. Nayana, Raja Balawadi provide good support.

**—Y Maheswara Reddy**

# Action avatar

## Kriti Sanon is gearing up for a remarkable action role for her upcoming movie

Actor Kriti Sanon is all set to redefine her boundaries in a raw and rugged action avatar, a sight that has never been witnessed in the upcoming film 'Ganapath: A Hero is Born".

Jackky Bhagnani couldn't contain his enthusiasm when speaking about the stellar cast and Kriti's unprecedented transformation into an action powerhouse. He remarked, "Ganapath: A Hero is Born is one of my - most ambitious projects, promising an unparalleled blend of action, thrill, and adventure. The ultimate revelation we have in store for the audience is Kriti Sanon in her power-packed action avatar. Her dedication knows no bounds; she submerged herself in an extraordinary transformation journey. Amidst her packed schedule, she spared no effort in mastering the art of wielding Nunchucks, undergoing an intensive 9-month training regimen. Her commitment to her character is awe-inspiring."

The movie marks the exciting collaboration between Tiger Shroff and Kriti Sanon. The film also stars Amitabh Bachchan in the lead roles and is helmed by Vikas Bahl. Ahead of the auspicious occasion of

Ganesh Chaturthi, the makers 'Ganapath unveiled the film's new posters. 'Ganapath a Hero Is Born' pledges a visual spectacle - seamlessly blending high-octane action sequences with a mesmerizing musical score that promises to take viewers on an epic journey. The film is all set to hit the theatres on October 20. Directed by Vikas Bahl, the film is set for a worldwide release in Hindi, Tamil, Telugu, Malayalam, and Kannada.

**—ETimes**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**BANGALORE: SARJAPUR** PRATHAM MOTORS: 7338288764, 7349282947 | **VIJAYANAGAR / BASAVESHWAR NAGAR / YELAHANKA / JP NAGAR,** MANDOVI MOTORS: 9686699756, 9686699757,9980930227, 9880912413 | **YESHWANTPUR / GG PALYA,** RNS MOTORS: 7760982877, 9611765800 | **MYSORE ROAD,** KATARIA AUTOMOBILES: 9513391117 / 9742880444 | **ELEC. CITY / CHANDRAPURA,** SURAKSHAA CAR CARE: 8884442360/8884442301 | **HESARGHATTA / SUMMANAHALLI JUNCTION,** VARUN MOTORS: 9513979172, 9916611999 | **WHITEFIELD,** BIMAL AUTO: 9742259791/9945236987 | **MYSORE ROAD / WHITEFIELD / UTTRAHALLI/ BG ROAD / KR PURAM / MAGADI ROAD** , KALYANI MOTORS: 9900077895, 9900070715, 9900599931, 9845034226, 9008099721 | **TUMKUR,** SAKETH AUTOMOBILES: 7022624925 **MYSORE:** MANDOVI MOTORS: 9611124272, 9900030425 KALYANI MOTORS: 9845943866, **HASSAN:** VENKAT MOTORS: 8618833244.